

Amendments to the specification:

Kindly amend the paragraph beginning at page 7, line 21, and continuing to page 8, line 1, as follows:

The method of strap use ~~include~~ includes:

- ~~a) strap structure including first and second elongated strap portion, said structure defining through slit,~~
- ~~b) said first portion adapted to for wrapped about an ankle,~~
- ~~c) said second portion adapted to extend through the slit, then downwardly at one side of the ankle, then underfoot, and then upwardly at the opposite side of the ankle, for operative attachment to said first portion.~~
- a) providing strap structure including first and second elongated strap portions, said strap first portion extending in a generally longitudinal direction, said structure defining a through slit, extending through the strap first portion at an angle α between 40° and 50° relative to said longitudinal direction,
- b) wrapping the strap first portion about a leg just above or proximate the malleolus,

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c) passing said strap second portion through the slit and then folding it to extend downwardly at one side of the ankle, then underfoot, and then upwardly at the opposite side of the ankle, in operative attachment with said first portion.